

Tendons

Based on 34 human randomized controlled trials

WAVELENGTHS

904 nm	10 studies
810 nm	3 studies
1064 nm	3 studies
820 nm	2 studies
830 nm	2 studies

DOSE RANGE

Min: 1.0 J/cm² | Median: 6.66 J/cm² | Max: 168.0 J/cm²

■ Biphasic warning: doses >50 J/cm² may have diminishing effects

COMMON PROTOCOLS

1. 904nm, 6.7 J/cm², 10 sessions, 3x/week
2. 810nm, 6.7 J/cm², 10 sessions, 3x/week
3. 1064nm, 6.7 J/cm², 10 sessions, 3x/week

SESSION RANGE

1–30 sessions (median: 10)

DISCLAIMER

This card summarizes published research parameters only. It is not medical advice. Consult your healthcare practitioner before starting any treatment.

Source: PBM Research Database | redlightos.com/research